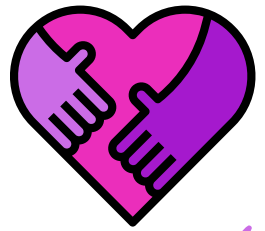




# RESILIENCE WEEK VIRGINIA 2020

## 20 WAYS TO PRACTICE: SELF-CARE SATURDAY



- #1 Wake up to a new song
- #2 Have a solo dance party
- #3 Enjoy doing nothing
- #4 Chill with friends online
- #5 Start a new television show
- #6 Show compassion to yourself
- #7 Take a cat nap
- #8 Read a book on personal development
- #9 Make a self-care plan
- #10 Create a board of self-love quotes
- #11 Soak in a hot bath
- #12 Make a positive playlist
- #13 Research a personal interest
- #14 Watch a new documentary
- #15 Go to bed early
- #16 Camp out in your backyard overnight
- #17 Simplify your to do list
- #18 Doodle
- #19 Find a new project
- #20 Reach out to someone who inspired you

infograph created by:



Greater Richmond  
Trauma-Informed Community Network